



YOUR COMPLETE GUIDE TO THE KETOGENIC DIET

KETO Essentials

150 ketogenic recipes to revitalize, heal, and shed weight



Vanessa Spina

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Keto Essentials



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Her method of keto is based on using real, whole foods to restore the body to optimal wellbeing while enjoying the flavor and flavor of foods like never before. Vanessa Spina, also known as the Ketogenic Girl, breaks down the technology behind the keto diet plan into an easy-to-digest, step-by-step guidebook to understanding and following a keto life-style. Keto Essentials is a complete instruction to the most recent whole-foods diet trend on everyone's lips: the ketogenic diet. Stacked with all the facts people have to know to improve their wellness, detox, and lose excess weight with ease, Keto Essentials also includes 100-plus delicious and simple keto recipes, as well as a seven-day meal plan to get people began on the ketogenic way of life.



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